



Polk County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Polk County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Polk County School System that includes:

- School Health Advisory committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and the mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our Polk County schools totals \$15,500.

Community partnerships have been formed to address school health issues. Current partners include:

- South Eastern Regional Health Department
- UTK Agriculture Extension Agency
- TENNderCare
- Polk County Health Department
- Family Resource Center Agency
- Polk County Health Council
- Polk County Advisory Committee

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Currently 25 parents are collaborating with CSH.

Students have been engaged in CSH activities. Approximately 45 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Polk County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 942 students were screened for vision and hearing. 18 students were referred for vision and 32 students referred for hearing;

Students have been seen by a school nurse and returned to class – 3399 students were seen by school nurses and 2196 students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 1148 students were screened for BMI and 266 referred for overweight/obesity showing an overweight/obesity rate of 43% for this 2010-11 school year. Rates for the following years are 2009-10 overweight/obesity rate 42%, 2008-09 overweight/obesity rate 36.6% and 2007-08 overweight/obesity rate 42.2%. We share in making Tennessee the 3rd highest overweight/obese rate in our nation.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include new play ground area excavated, trees cut, land cleared and made ready for planting grass. Walking trails for another high school and another elementary school. We now have four walking trails and a new play ground area to play sports. We have weighting scales for each school which tells your height, weight, and BMI. We also have odometers in each school. Treadmills or elliptical machines are in each school for teachers and one at central office for office staff. We have purchased Michigan Model curriculum, books, posters, and DVDs for grades 1-6. We have a climbing wall and playground equipment at each elementary school- swing sets, slides, exercise bars, soccer balls, soft balls, basketballs, and jump ropes. Kinnet Box 360, Wii are located in all six schools with DVDs and 36 in. T.V.s. We have volleyball nets and balls and numerous physical fitness DVDs for teachers and students. Fire Safety Boxes are in all schools to keep students' medication locked. We have an excellent blood pressure monitor for school health screening. "Rachel's Challenge" a nationwide "Bulling" drama group presented a program to middle and our two high schools. These are some things CSH has purchased to help make Polk County students acquire a strong healthy body physically, mentally, and spiritually.

Professional development has been provided to school health staff. Health teachers were provided an opportunity for HIV in-service and safe dates. School faculty and staff have received support for their own well-being. CSH bought treadmills or elliptical machines and blood pressure monitors and weighting scales which tell your height, weight, and BMI. CSH also bought numerous DVDs for physical dancing, exercising and stepping.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – web sites for multiple health issues, diabetes brochures, TENNderCare brochures, school health screening, germ city, holiday safety, seat belt safety, drug and alcohol, drunken driving accidents, fire safety, suicide and depression prevention, teenage pregnancy prevention, laws pertaining to liability, and teen age roles and relationships;
- Physical Education/Physical Activity Interventions – all students have 90 minutes of physical education/ physical activity exercise weekly, Take 10! in grades K-5, Walking Works for Schools, play ground – recess time, walk 20 minutes before/after school, dance and exercise DVDs, extra time on walking trail, softball, basketball, football, soccer, and golf;
- Nutrition Interventions – employed dietician, students surveying school cafeteria menu, nutrition lessons taught in grades K-6th, teen living in middle school, and family and consumer science in high school;
- Mental Health/Behavioral Health Interventions – behavioral specialist contracted for individual and small group settings, Michigan Model for K-6th grades, character education, “Rachel’s Challenge”, bullying program in Middle School.

Our walking trails and play ground equipment have been the highlights for our schools and community. Middle school and high school students really enjoyed “Rachel’s Challenge”.

In such a short time, CSH in the Polk County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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